

The Village News

DECEMBER 2023

A Message from Wexner Heritage Village's Executive Director Corey Goldsand



It is my honor to provide an update for Wexner Heritage Village:

We are excited to share with you that our campus participated in our annual "STONE SOUP" Thanksgiving food drive for Thanksgiving to help our neighbors. This mitzvah captures our mission at Wexner Heritage Village to participate in *Tikkun Olam*, the healing of our world. Both staff and residents had the opportunity to donate funds and or food to the pantry. Also, it was

with gratitude that we gathered in small neighborhoods to celebrate "FriendsGiving" as a senior community. Rabbi Lefton told the story of Stone Soup and taught about the history of Thanksgiving as well as offering a Thanksgiving prayer. Also, we had the chance to sample the chef Kayla Kopp's "Stone Soup" and Thanksgiving foods. I say with confidence that Wexner Heritage Village is the gathering place for our senior community, and we are grateful for our Wexner Heritage Village community as we focus on excellence in senior wellness and compassionate care.

As we gather in the warmth of the post-Thanksgiving glow, I am filled with immense gratitude for the strength and resilience of our Wexner Heritage Village community and for the continued strength of our mission of providing exceptional and compassionate care. I am also delighted about our partnership with NEXDINE, Wexner Heritage Village's new dining and hospitality partner. This collaboration is set to elevate not only the dining experience but the customer experience across our community. This partnership with NEXDINE reflects our dedication to providing the highest quality service in every area.

Our partnership with United Church Homes continues to bring a wealth of resources and knowledge that enhances the quality of the care and services that we provide. Their expertise in senior living and dedication to enriching the experience of older adults align seamlessly with our own mission. With their continued support, we are poised to create an even brighter future for Wexner Heritage Village, building on the legacy of the Jewish faith, compassionate care, and senior health in a vibrant and connected community.

As we move transition from Thanksgiving to the joyous festival of Chanukah, we are reminded of the importance of coming together as a community to celebrate the Festival of Lights. Chanukah, with its symbol of light overcoming darkness, holds a special significance for us. It is a time to cherish the wisdom and experiences our elders bring to our community, illuminating our lives with their stories and resilience. In the coming weeks, we have planned a series of special events and activities to mark the Chanukah celebrations. I encourage everyone to participate actively and to embrace the connections that make our community so unique. And although we must acknowledge the great sorrow that we are feeling about the war in Israel, we can still create lasting memories that strengthen the bonds we share.

Thank you for being an integral part of our community. Your trust and support inspire us to reach new heights.

Wishing you a joyous and meaningful Chanukah filled with light, love, and togetherness.

Warm regards,

Corey



Happy Hanukkah and all Winter Holiday Celebrations!

Prayer for Shalom, Chanukah 2023

The celebration of Chanukah this year is different. While Chanukah now ranks in popularity and observance as Passover and Purim, it is hard to imagine all the celebration with the war in Israel.



Rabbi Debbie Lefton
*Director of Spiritual Care
at Wexner Heritage Village*

As we pray for the war to end, safety to come to Israel and her borders, and the return of all the hostages, so many innocent people have fallen victim to the war. Many Jews around the world also no longer feel safe with the rise of hate crimes as anti-Semitism has increased more than 400%. Unfortunately, even our city of Columbus has not been without incident. I know that this year we light the *Chanukiah* with a thoughtful cautious hand, with tears of sadness for all the trauma and loss, yet still so much hope for the Jewish future. I advocate for all of us to use the *shamash*, the helper

candle, to symbolize the light of our people, resilient and strong, always bringing the mitzvah of healing to our world. I know we all are hoping and praying for safety within Israel's borders and a return to life though now different, full of healing, joyful moments and peace. The Chanukah story has always represented the Jewish people, a minority religious group, practicing our faith, and having threats to our freedom of religion and our way of life. It is with great pride we learned of Mattathias, who organized his small army including his five sons in 168 BCE. Judah Maccabee is said to have brought us victory, once again reclaiming the Temple and thanking G-D for the miracle of victory with oil in G-D's eternal light. Chanukah celebrates not only the rededication of the Temple but our survival. We continue to fight for our existence today. Every human being, as long as they do not harm another soul, should have the freedom to practice their faith in peace and dignity. May this year's festival of Chanukah bring us all to a place of safety, light, and celebration with hearts full of our sacred tradition. Our hearts are with the people of Israel, our people, full of light and love. May the light of Chanukah bring us to a new time of dedication, an end to hatred, and a way to rebuild all that has been broken.

ברוך אתה יי אלהינו מלך העולם, שעשה נסים לאבותינו
ואמותינו בימים ההם בזמן הזה.

Praised are You God, Source of Life, who performed miracles for our ancestors in their day at this season.

Holiday Grief is Challenging



Julie Armsey
*Zusman Hospice,
Social Work Director*

As the holidays approach, we may find ourselves feeling a bit anxious if things life looks a little different than previous years. Grieving throughout the holiday season can be challenging, whether you lost a loved one, your independence, a pet or your home. Grief

is felt spiritually, emotionally, mentally and physically, and we need to acknowledge it to be able to move through it. However, we can be plan for difficult days, so things don't feel so heavy. If we acknowledges the loss, others will feel comfortable as well, enabling an open discussion to honor the loss and move forward into a new normal. Here are a few ideas to help you honor your loss through the holidays:

1. Light a candle
2. Make their favorite dish
3. Leave a chair open at the table
4. Put their picture out
5. Prayer
6. Create a new tradition or keep old traditions
7. Donate a item to charity in their honor
8. Volunteer
9. Remembrance walk
10. Share their story

Please remember it is okay to say NO to activities to maintain your boundaries for self-preservation and communicate your needs to the people you love. They will understand. You may not have chosen your situation, but you can control how you deal with it. Please call bereavement services at 614.559.0265 for support and/or visit whatsurgrief.com for more grief information.

Please be kind to yourselves.



Celebration of Hospice Work, Living Life to the Fullest

November is recognized annually as National Hospice and Palliative Care Month (HAPCM), a time for us to recognize and honor the valuable contributions made by our staff and volunteers here at Zusman Hospice. It is also an opportunity for us to help everyone understand the benefit of this type of serious-illness care and the importance of advanced care planning. Our culture often teaches us to resist mortality and to fear death. And our fee-for-service healthcare system is driven to provide interventions towards a cure and views death as a failure. But often the interventions for a terminal illness cause decreased quality of life and offer more burden than benefit. When we take the time to have a conversation about dying, it can have a profound impact. I encourage every adult to consider these questions. What does death mean in my life? If I am faced with a terminal diagnosis, how would my values shape my end-of-life journey? How do I want my loved ones to engage with me toward the end of my life? It's difficult to think about these questions but having these courageous conversations with ourselves, family, friends, and doctors can mean the difference between having the type of death a patient wants – one that matches up with



Rebecca Sears,
Executive Director,
Zusman Hospice

their values and desires – and one that doesn't allow them to have a say in their own end-of-life journey. As Hospice staff and volunteers, we often get asked how we can do this type of work. I can guarantee you that we receive much more from our patients and families than we could ever give. Our patients and families teach us so much about life! They teach us to love, laugh, cry and to live life to the fullest! To every Zusman Hospice staff member and volunteer, thank you for the comfort you bring, the smiles you share, and for walking this journey with our patients and families. I am forever grateful and inspired to work along side of you in fulfilling our mission!



Zusman Hospice of Wexner Heritage Village, Love and Hugs team!

Creekside at the Village and the Geraldine Schottenstein Cottage, Update

As the leaves rustle around the ground with a cold chill in the air, big things are happening at Wexner Heritage Village. The Geraldine Schottenstein Cottage at Wexner Heritage Village over the past few months has added a sensory room, boutique, life stations, and a new bright welcoming wall color designed for seniors. These additions have brought in many new friends for our current residents, and we are now operating on a waitlist! We are so happy to see our community growing and to be able to provide excellent care to those who are the most vulnerable. As we turn our attention to Creekside at the Village, we are very close to being full. With only 9 apartments open, word is getting out and we continue to get calls daily from people wanting to make Creekside their forever home. As we move into the holiday season, we take time to reflect on just how important every senior community member is to us, and the special spark our members add to Creekside.

Thank you for being the best part of our community!



Jennifer Burkhart
Director of Member Experience,
Creekside and Cottage at
Wexner Heritage Village

The Geraldine Schottenstein Cottage

by Bradley Plantin

At the Geraldine Schottenstein Cottage we are focusing memory care activities around key domains of life, such as Education, Work, Leisure, Exercise, Entertainment, Self-Care, and Shopping. We believe these can be a powerful strategy to build social connectedness in individuals with memory loss. These activities not only address cognitive abilities but also tap into the person's interests, experiences, and sense of purpose, fostering a more holistic and engaging approach to memory care.

Education

Structured learning activities can help individuals with memory loss exercise their cognitive functions.



Exercise

Group exercise classes or adapted physical activities can promote physical well-being and social interaction.

Seated exercises provide opportunities for individuals to engage with each other while staying active.

Emphasizing the social aspects of exercise fosters a sense of community and shared goals.

Entertainment

Movie nights or group game sessions offer enjoyable and shared experiences.

Incorporating music, which has powerful associations with memory, can evoke emotions and create connections.

Creating a social environment around entertainment activities encourages communication and bonding.

Self-Care

Personal grooming or self-care activities can be turned into social events, fostering a sense of community.

Group relaxation sessions or mindfulness activities promote a shared sense of well-being.

Shopping

Creating a simulated shopping experience within the care setting can provide a familiar and enjoyable routine.

Discussing preferences and choices during shopping activities encourages communication and social connections.



Cottage resident, Clark, wearing his golfwear from the Cottage Boutique

By tailoring memory care activities to these life domains, Cottage caregivers can create a more personalized and socially enriching environment for individuals with memory loss. This approach not only focuses on cognitive stimulation but also acknowledges the person's individuality, promoting a sense of belonging, purpose, and social connectedness.

Volunteer Spotlight

Director Tracey Ballas
Volunteer and Outreach



Volunteer Roof Top Garden Party: A Thank You for Volunteers

Volunteer and Outreach Director, Tracey Ballas, Executive Director of WHV, Corey Goldsand, and Adrienne Freeman, volunteer



Volunteer and Outreach Director, Tracey Ballas, Shares about the Volunteer Appreciation RoofTop Garden Party

On a crisp October afternoon, a WHV Volunteer Appreciation Event was held on the rooftop Garden at Heritage House. The celebration included live music, food, a make-and-take garden craft, recognition from members of the WHV leadership team and appreciation gifts. Two new trees were planted in the garden to honor the meaningful work done by volunteers. Special recognition was given to volunteer community partners from the Garden District, a nonprofit garden organization, that helped WHV cultivate 115 lbs. of fruits and vegetables this season that were distributed to food insecure community members through a partnership with Jewish Family Services. Additionally, we got an opportunity to thank the Cammeyer family for their continued support of the Zusman Hospice "Love & Hugs" Program, Cycling Without Age, our dog and cat pet therapists, the Stone Soup Project volunteer reiki practitioners and massage therapists, our music practitioner who provides therapeutic cello music, our volunteers chaplains that enhance our spiritual support and other special volunteers providing invaluable contributions from throughout the community. We have grown the size of our volunteer team by over 200% in this past year. We are so grateful for their compassion service, tireless support and meaningful impact.

Cherie Winter, Dog Therapist volunteer and Elsa Altman volunteer



Rabbi Debbie Lefton and Jennifer Burkart





Volunteer Roof Top Garden Party: A Thank You for Volunteers (continued)



Mike Miller and Professor David Belcastro, volunteers

Garden District's Sean McKay and Cynthia Marshall



Volunteer Thank You Roof Top Garden Party, making bags of tea from leaves from the garden with volunteer Lydia and Executive Director of Zusman Hospice, Rebecca Sears



Love and Hugs Volunteers and Caring Group Leaders Paul and Ronni Richards

Dynamic duo on the Wexner Heritage Village Volunteer Team

Ronni and Paul Richards are a dynamic duo on the Wexner Heritage Village Volunteer Team. Ronni is a retired teacher and brings creativity, contagious enthusiasm and passion for working with seniors. Paul, a retired executive from Motorist Insurance, contributes his talents for marketing, writing and event planning. Together they have made a meaningful impact throughout our lines of service. They have brought new energy to the Zusman Hospice "Love & Hugs" Program, helping with rebranding and preparing stuffed bears to be delivered to hospice patients. In addition, Ronni provides

leadership with the Caring Group at Creekside, by helping to organize greeting cards and bags filled with thoughtful items to welcome new members or provide comfort to those who are ill or grieving. At the November meeting, Ronni helped to deliver an inspiring presentation on the importance of "self-care" for seniors. They have donated countless gifts to enrich the lives of our seniors and support our staff. Ronni and Paul's collective acts of kindness are making a difference at Wexner Heritage Village and we are so grateful! Thank you from the bottom of our hearts Ronni and Paul!

Photo Gallery

These photos capture the many fun activities that Wexner Heritage Village plans for its residents.

A Creekside Dinner Disney Celebration



Sydell Berman, Sylvia Eckstein, Elsie Oppenheimer, Ziona Conn, Marcia Siegel, Rhoda Davis

Mr. Alan Katz



Ziona Conn, Steve Peoples, Nancy Marshall, Bradley Plantin, Elaine Edelbrock

Veteran's Day Celebration



Tim and Carole Sweeney



Mr. Richard Golden

Hospice Caregiver Award



Tory Perin, the August winner of the Schoedinger "Hospice Caregiver Award"

Photo Gallery

Ribbon in support of Israel on the WHV campus



Zusman Pet Therapist



Ariel the pet therapist at Zusman's team meeting



A Prayer for Israel in this Time of War

by Rabbi Naomi Levy

God, our Strength and Protection, we pray for the State of Israel in this devastating time of war, shock and grief. Our hearts are breaking, God. We pray for the lives of the innocent civilians who have been heartlessly kidnapped by Hamas, bring them home, watch over them, God. We pray for the lives of the soldiers who have been taken captive, we pray for their safe return, shelter them, God. We pray for the souls of the innocent victims who were brutally slaughtered. Send comfort and strength, God, to the grieving. Send healing to the injured, and strength and wisdom to their doctors and nurses. We pray for all our brothers and sisters in Israel in this time of tragedy and crisis.

Watch over Israel, God, spread Your shelter of peace over the land and over all our brothers and sisters who live there. Shine Your light upon Israel's leaders, officers and advisers, help them to overcome all divisiveness and to act with clarity and determination. Protect the men and women who defend Israel, let them be safe and may they be victorious over the Hamas terrorists who attacked our people. Watch over them, God. Hear their prayers. Bring peace, God. Let it rain down from the heavens like a mighty storm. Let it wash away all hatred and bloodshed. Peace, God, please, God.

God of the brokenhearted, God of the living, God of the dead, gather the souls of the victims into Your eternal shelter. Let them find peace in Your presence, God. Their lives have ended, but their lights can never be extinguished. May they shine on us always and illuminate our way.

Amen.

